

2023 Rule Variations for GNLL 6U Lacrosse

Changes from 2022 are marked in gray. Points of emphasis are marked in tan.

For the purposes of rules, Minnesota youth lacrosse uses the following age groups:

Birthdate	Age Bracket
Born 9/1/2016 through 8/31/2018	6U

It is recommended that when multiple teams exist within a program, the program should consider physical size, skill, and maturity when organizing teams.

Number of Players—Each team will have a total of 3 players on the field, no goalies.

Ball— Soft lacrosse ball or tennis ball

Stick Lengths—No long sticks or goalie sticks are permitted. Stick length should be less than the distance from the ground to the player’s waist, not including the head.

Field—60 yd x 35 yd

Uniforms—Jerseys or pinnies must have visible numbers on the front or back.

Goals—Goals should be 3’x3’ or a standard goal flipped.

Length of Game—2 x 12-min running-time halves; 4 min halftime

Scorekeeping—No score will be kept

Time-Outs—The clock should be stopped if a player loses safety equipment during play or an injury occurs; injured players should immediately leave the field

Face-Offs—None.

Starting Play—Games will start with a coin toss with one coach from each team. Winner will have first possession at the center and the other team gets first AP (alternating possession). The coin toss winner starts with one player at the center with the ball. All other players must be on their defensive side of the center, with offensive/defensive players at least 5 yards from each other. No offensive players can be within 5 yards of the ball carrier.

Dead-Ball Substitution—Whole team substitution (or partial team) is permitted during a deadball and after a goal.

Stopping Play for Substitution—If play lasts longer than 2 min with no stoppages, coaches/officials should look for an opportunity to stop play and switch out players.

Offside—There is **no** offside rule.

OT/Tie-Breaker—Not applicable

Penalties —Players will not server individual penalties; immediate stoppage of play with an explanation should occur with any fouls

Scrum Ball Rule —Award ball by AP if 3 or more players near the ball can't pick it up within 4 seconds

Raking/Covering Ball—Legal. Award ball by AP if player covers and withholds ball without movement.

Stalling Rule– Not applicable

Special Rules–

- Non-contact at this level: stick-on-stick, stick-on-body, or body-to-body contact allowed.
- No “guarding the goal”
- 3-attempted pass rule
- If a ball gets stuck in a player’s crosse, stop play and award ball to the opposing team
- Prohibited equipment: helmets, arm/elbow pads, and shoulder pads